



Spring/Summer 2014

Martin Luther King, Jr. Swim Center

www.rmscswimming.com

1201 Jackson Road, Silver Spring, MD 20904

(240) 777-8060

Spring Only March 31, 2014 - May 23, 2014

Spring/Summer March 31, 2014 - August 1, 2014

(Due to the late MCPS Spring Break, RMSC will take a one week break from April 14th – April 20th, 2014)

REGISTRATION INFORMATION

Newcomers' Evaluation – Newcomers are swimmers who did not participate in the RMSC-MLK program Fall/Winter 2013-14, even if they have participated in other seasons. These swimmers should attend the first practice for an evaluation in the developmental groups; then consult the coach for proper group placement. The registration form for the program should be completed and program fee paid once placement has been verified. New swimmers' registrations for USA Swimming for 2014 are included in the program fee.

Returning Swimmers – A returning swimmer is someone who swam with RMSC-MLK during the Fall/Winter 2013-14 season. They have been registered with USA Swimming for 2014. These swimmers can pre-register for Spring/Summer 2014 program. To do so, COMPLETE & SIGN THE REGISTRATION FORM attach the PROGRAM FEE PAYMENT and return. Forms may be emailed to Rec.Aquatics@montgomerycountymd.gov, handed in at MLK or mailed to: Martin Luther King Swim Center, Attn: Carey Apple, 1201 Jackson Road, Silver Spring, MD 20904.

Returning swimmer registration begins Monday, March 3rd, 2014

Registration ends for returning swimmers on Monday, March 24th, 2014 in order to secure your spot.

Program Fee – Program fees are payable to MCR by VISA, MasterCard, Check or Cash. Credit Card payments must be made in-person at the swim center. **Non-County residents must add \$15 per swimmer.** This payment includes the United States of America Swimming (USAS) membership fee and PVS meet fees. To offset the cost of the program, payments can be credited to individual accounts prior to the start of the program. Installment/payment plans are NOT available.

All fees must be paid in full by the first day of practice. The final day to withdrawal from the program is 7/1/2014.

Questions regarding RMSC @ MLK – Please email carey.apple@montgomerycountymd.gov or call 240-777-8060.

SPRING/SUMMER PRACTICES

Practices from Memorial Day until the end of the MCPS school year will be the same as the spring schedule. After school is out the summer practice schedule begins and will be available at the beginning of June. Please consult with your coach.

Do not change your practice group assignment unless instructed to do so by your coach.

PRACTICE GROUPS

Minis – For 8 & Unders who can swim both freestyle, using good rhythmic breathing, and backstroke. Swimmers will learn proper stroke technique, including breaststroke and butterfly, flip turns, and starts from the blocks. Emphasis is on orientation to competitive swimming, swim meets and preparation for summer swim team. **Recommended practice attendance: 2/week**

<u>Spring Only (372381)</u>	<u>\$265</u>
Monday	5:00 - 6:00 PM
Wednesday & Friday	4:30 - 5:30 PM

Junior 1 – For swimmers ages 9-12 who have skills/knowledge in freestyle and backstroke to those who have working knowledge in the four competitive strokes. Emphasis is on competitive stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level. Participation in USAS meets is highly recommended but not required. **Recommended practice attendance: 2/week**

<u>Spring Only (372382)</u>	<u>\$300</u>
Tuesday & Thursday	5:00 - 6:00 PM
Sunday	8:30 - 9:30 AM

Junior 2 - Entry by coach's invitation only. For swimmers ages 9-12 who are skilled in freestyle and have a legal and working knowledge in the four competitive strokes. Emphasis is on stroke mechanics, starts, and turns for the lower level in this group, and on advanced stroke development and endurance training at the upper level of this group. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum practices required: 3/week

<u>Spring Only (372383)</u>				<u>\$320</u>
Monday	6:00 - 7:00 PM	Friday	5:30 – 6:30 PM	
Wednesday	5:30 – 6:45 PM	Sunday	8:15 - 9:30 AM	

Advanced Juniors – Entry by coach's invitation only. For swimmers ages 9-12 who have achieved basic mastery of the four competitive strokes. The focus is on training for competition, goal setting, endurance and dryland exercises geared toward injury prevention. Participation in USAS meets is required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 3/week**

<u>Spring/Summer (372385)</u>	<u>\$705</u>
Monday	6:00 - 7:00 PM; dryland 5:30 - 6:00 PM
Wednesday	5:30 - 7:00 PM
Friday	5:00 - 7:00 PM
Sunday	7:00 - 9:00 AM

National Development Group – Entry by coach's invitation only. For swimmers ages 10-14 who have committed to upper level swimming in the RMSC program as their primary activity. Emphasis is on swimming technique, conditioning, goal setting and performance in USAS competition. Dryland training and participation in USAS meets are required. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 5/week**

<u>Spring/Summer (372386)</u>	<u>\$825</u>
Monday	4:00 -6:00 PM; dryland 6:00 - 6:30 PM
Tuesday & Thursday	5:00 -7:00 PM; dryland 4:15 - 5:00 PM
Wednesday	4:45 -6:00 AM
Friday	4:00 - 5:30 PM
Sunday	6:00 -8:30 AM; dryland 8:30 - 9:00 AM

Seniors – For swimmers ages 13-18 who have summer swim team or high school competition experience. Knowledge of all four competitive strokes is required. Emphasis is on stroke mechanics, conditioning and endurance. Use of swim equipment will be required. Participation in USAS meets is highly recommended but not required. **Recommended practice attendance: 3/week**

<u>Spring Only (372387)</u>	<u>\$335</u>
<u>Spring/Summer (372388)</u>	<u>\$705</u>
Monday	6:00 – 7:00 PM; dryland 5:30 – 6:00 PM
Tuesday & Thursday	3:30 - 5:00 PM
Wednesday	5:30 - 7:00 PM; dryland 5:00 - 5:30 PM
Friday	3:30 - 4:30 PM
Saturday	7:30 - 9:00 AM

Advanced Seniors – Entry by coach's invitation only. For swimmers ages 13 & over who have made a firm commitment to swimming and are looking for continued development in the sport. Emphasis is on swimming technique, conditioning, goal setting, and performance in USAS meets. Dryland training and participation in USAS meets are required. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group.

Minimum practice required: 6/week ***Required practices: Wednesday PM & Saturday AM***

<u>Spring/Summer (372389)</u>	<u>\$825</u>
Monday & Friday	4:45 - 6:15 AM
Monday, Tuesday, Thursday	3:30 - 5:00 PM; dryland 5:00 - 6:00 PM
*Wednesday	3:30 - 5:30 PM
*Saturday	6:00 - 8:30 AM

National Training Group – Entry by coach's invitation only. For swimmers 13 & over who have made a commitment to swimming as their primary activity, and who will arrange their schedule to meet the time requirements of the group. Athletes are expected to focus on qualification for and competition in USAS meets which lead to the National level. Swimmers will participate in water and dryland training as part of an overall program to ensure success. Swimmers will be required to have paddles, fins, and other equipment specified by coaches. Swimmers will be re-evaluated at various times of the season to ensure they are maintaining the standards of the group. **Minimum practices required: 7/week**

Required practices: Monday PM, Tuesday PM, Thursday PM, Friday AM and Saturday AM

<u>Spring/Summer (372390)</u>	<u>\$900</u>
Monday, Wednesday & Friday	4:45 - 6:15 AM
*Monday	3:45 – 6:00 PM; dryland 6:00 – 6:45 PM
*Tuesday & *Thursday	4:30 - 7:00 PM
Wednesday	3:45 – 5:30 PM; dryland 5:30 – 6:15 PM
*Friday	3:45 - 5:30 PM
*Saturday	6:00 - 9:00 AM